

## USAREUR/7A LIBERTY TREK REGISTRATION FORM

1. The USAREUR/7A Equal Opportunity office is sponsoring the First Annual USAREUR/7A Liberty Trek event beginning 1 April to 30 September 2003. Individuals may determine the cause of their participation in the Liberty Trek. Some of the historical events recognized are the emancipation of Slavery, the treacherous Trail of Tears and Bataan March, the liberation of Encampments, and etc, but let's not forget the soldiers who are defending our nations for freedom. Each of the aforementioned events, alone with others, has caused and will continue to encourage leaders to create laws legalizing and demanding equality and human dignity toward all people regardless of race, color, national origin, gender, religion, disability, or age.

2. The USAREUR/7A Liberty Trek is open to all military and civilian personnel. Participants are allowed to walk, run, use bikes, wheelchairs, or treadmills. Participants are not authorized to mix bike riding with the other events to meet their individual requirement. Bikers must complete 1,075 miles and participants of all other categories must complete 675 miles by 30 September 2003. The event will not begin prior to 1 April 2003. Participants must record and submit their total miles, by e-mail or fax, to SFC Rashid at DSN 370-8578 or [karl.rashid@hq.hqusareur.army.mil](mailto:karl.rashid@hq.hqusareur.army.mil), monthly. Use the standardized form posted on the USAREUR EO Web-site (<http://www.per.hqusareur.army.mil/services/EO/index.htm>) to record your miles. The honor system is in effect.

3. Certificates will be forwarded to each participant's Commander on or about 31 October 2003. Fax or e-mail this registration form to SFC Rashid prior to 1 April 2003.

NAME (Last, First, MI): \_\_\_\_\_

Civilian or Military (Circle one)      Rank: \_\_\_\_\_

Circle an event: Run/Walk /Treadmill/Wheelchair (675mi.), Bicycle (1075 mi.)

Organization: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone Number (Business): \_\_\_\_\_

E-mail Address: \_\_\_\_\_

# **USAREUR/7A LIBERTY TREK 1 APR 2003 - 30 SEP 2003**

**Bicyclists: 1,075 miles**

**Runners/Walkers: 675 miles**

**Wheelchair Participants: 675 miles**



# MILEAGE FORM INSTRUCTIONS

- Participants must fax or e-mail the enclosed mileage form to the USAREUR/7A EO Office, ATTN: SFC Rashid, by the end of each month at DSN 370-8578 or [karl.rashid@hq.hqusareur.army.mil](mailto:karl.rashid@hq.hqusareur.army.mil).
- Double-click on the roster. The roster will become an excel worksheet. Enter the number of miles in the blocks intersecting the dates and days of the month, but do not type anything in the “Total” column. The “Total” column will calculate the numbers automatically. After you have finished entering the number of miles, click the mouse cursor outside of the excel worksheet. The roster should return to its original form.
- Please include your name and date of submission on each report.

# MILEAGE FORM

|       | S  | M | T | W | TH | F | S | TOTAL |
|-------|----|---|---|---|----|---|---|-------|
| 1     | 22 | 2 |   |   |    |   |   | 24    |
| 2     |    |   |   |   |    |   |   | 0     |
| 3     |    |   |   |   |    |   |   | 0     |
| 4     |    |   |   |   |    |   |   | 0     |
| 5     |    |   |   |   |    |   |   | 0     |
| 6     |    |   |   |   |    |   |   | 0     |
| 7     |    |   |   |   |    |   |   | 0     |
| 8     |    |   |   |   |    |   |   | 0     |
| 9     |    |   |   |   |    |   |   | 0     |
| 10    |    |   |   |   |    |   |   | 0     |
| 11    |    |   |   |   |    |   |   | 0     |
| 12    |    |   |   |   |    |   |   | 0     |
| 13    |    |   |   |   |    |   |   | 0     |
| 14    |    |   |   |   |    |   |   | 0     |
| 15    |    |   |   |   |    |   |   | 0     |
| 16    |    |   |   |   |    |   |   | 0     |
| 17    |    |   |   |   |    |   |   | 0     |
| 18    |    |   |   |   |    |   |   | 0     |
| 19    |    |   |   |   |    |   |   | 0     |
| 20    |    |   |   |   |    |   |   | 0     |
| 21    |    |   |   |   |    |   |   | 0     |
| 22    |    |   |   |   |    |   |   | 0     |
| 23    |    |   |   |   |    |   |   | 0     |
| 24    |    |   |   |   |    |   |   | 0     |
| 25    |    |   |   |   |    |   |   | 0     |
| 26    |    |   |   |   |    |   |   | 0     |
| 27    |    |   |   |   |    |   |   | 0     |
| 28    |    |   |   |   |    |   |   | 0     |
| 29    |    |   |   |   |    |   |   | 0     |
| 30    |    |   |   |   |    |   |   | 0     |
| 31    |    |   |   |   |    |   |   | 0     |
| Total |    |   |   |   |    |   |   | 24    |